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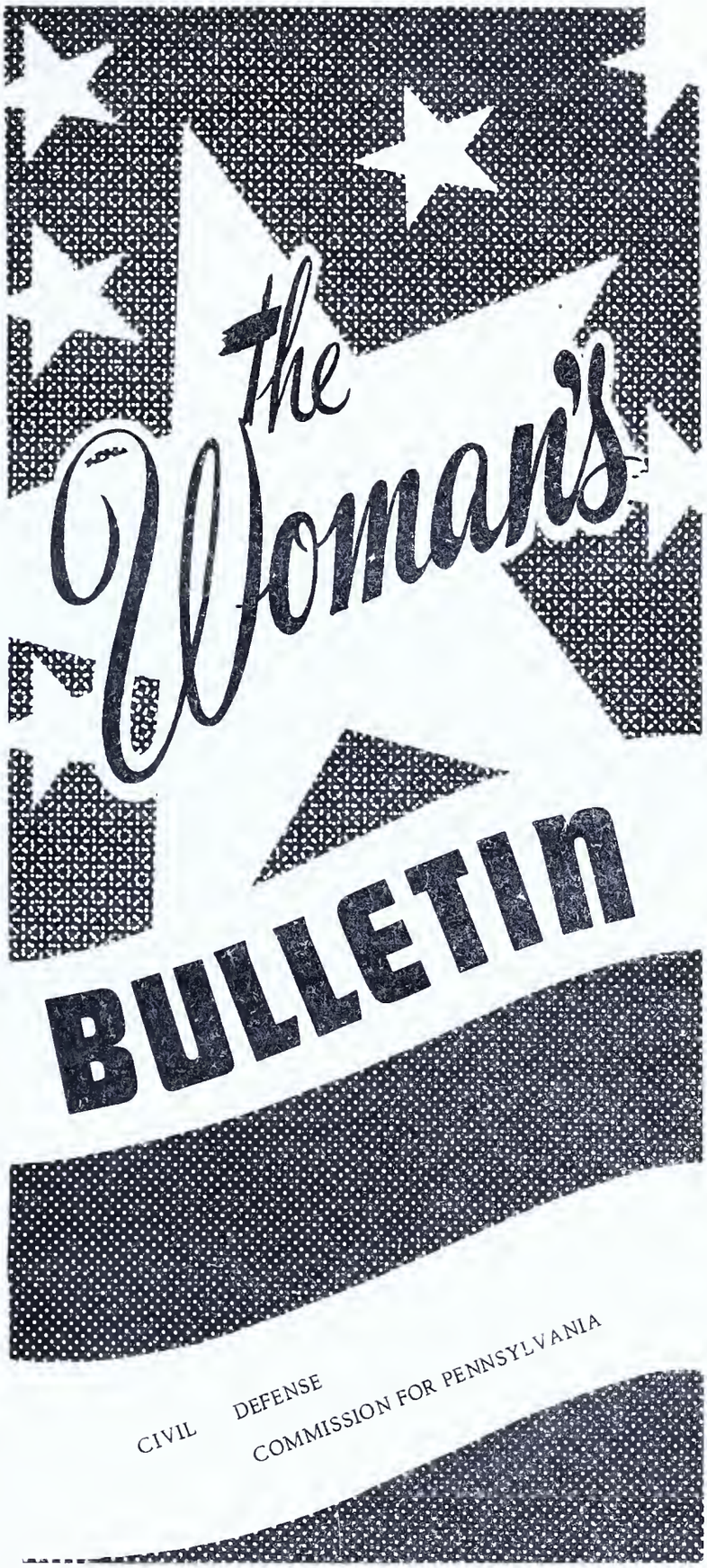

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MILITARY AND CIVIL DEFENSE COMMISSION
FOR PENNSYLVANIA
201 South Office Building
Harrisburg, Pennsylvania

Dear Reader:

This little booklet has been prepared for distribution to those who deal chiefly with women, either through radio, through advertising, through press, or through clubs and groups.

It is hoped that you will incorporate its ideas in whatever way you choose into the material you present. We hope that you will use it frequently, adapting it to your medium and your locality, for it is vital that women everywhere know how to prepare and how to act, should trouble strike.

We look to the women to be steady in time of emergency - not to panic, but with quiet strength to protect their families and their communities.

Public Affairs Section

THE FOURTH ARM OF NATIONAL SERVICE

There are two new ideas that most of us have not yet absorbed - but they are true, just the same.

First, there is a 4th Arm to National Service, in this country. We all know about the Army, the Navy, and the Air Force. We know each branch has some women in it - WACs, and WAVES, and WAFs. What most of us do not realize is that for World War III (actual or threatened) there is going to be a fourth service. Moreover, it will include more women than men. This is Civil Defense.

The second new idea is: defense is an active not a passive thing. It is every bit as vital that the personnel in Civil Defense be infused with an offensive spirit as it is for the Armed Forces. Wars are won by offensive action. The more successful Civil Defense is, the greater will be the striking power of the nation, and its military forces. The prime purpose of Civil Defense must be to overcome quickly whatever damage may be caused in our country by modern weapons and tactics.

"How does this affect me?" you ask.

Civil Defense is going to need every able-bodied man and woman who is not (1) In military service (2) In some form of industry.

"Yes, but I live way out in the country. This is for the people in the congested city areas," you may be saying to yourself.

Let me show you how it is going to work.

Civil Defense is being handled by each state, according to its state requirements. Pennsylvania is using its counties as units. Every county has its own Civil Defense plan, including how its fire fighting equipment, its police, its hospitals, its emergency feeding stations, its rescue squads, and all the other units will work within that County.

"Oh, Well," you may be thinking, "we haven't any targets in our county. We'll be all right".

Answer Number 1 to that is that bombs sometimes fall where they are not meant to fall. You MIGHT be hit.

Answer Number 2 is even more important for you to understand.

The resources of every county, wherever it is, must be mobilized. Certain teams will be formed (fire fighters, surgical teams, First Aid teams, etc). These teams may be sent out to help the stricken area. The greater part of the County's resources, however, will have to stand fast right where they are. The County must be ready to receive the hundreds

of thousands of people who will suddenly be homeless, injured, without clothes, without resources, without food. Some - perhaps many - of these people will be sent out from the hit area into surrounding counties. The far away towns are the ones which will absorb these evacuees, house them, help them, sort them out, and look after them.

Do you see how each of you will be involved?

There is not a person in Pennsylvania who can feel himself or herself exempt.

Moreover, a very large part of this Defense will necessarily be handled by women. The military forces will have drained off the younger men; industry and production must be kept going at all costs. Men cannot leave their factories and plants in time of disaster, to help pick up the pieces. Every day's loss in the production line is the enemy's gain. That is what he's going to try to knock out. We cannot let him disorganize production.

Older men will be recruited for heavy clearance jobs, repairing water mains and electric circuits, dangerous rescue work in shattered buildings. Women, therefore, will bear a large share of the remaining rescue, rehabilitation, and restoration of any stricken area. Men simply will not be available. Women will be needed to keep a network of communications operating, they will be driving trucks and vans, and ambulances in rubble-filled streets, maybe at night, maybe through holes and craters. They will be enlisted as Auxiliaries, helping to fight the huge fires which inevitably do tremendous damage following any type of bombing.

In England, during the last war, 32,000 women were full time, paid fire fighters. It is a heavy, dirty, exhausting job. Many of the jobs will be. Women can no longer be protected and spared from the rough, heavy tasks, as they have been before. They must expect to work long hours, perhaps live in crowded hot conditions, or freezing cold; they may have to do without water for considerable periods of time, to eat in Mass Feeding Stations, or to serve meals to hundreds of people in such Centers. If we are attacked, that is what will happen. There is no avoiding it.

"When will it happen?" No one can say. We can pray that it will be NEVER. But it could happen; it might before this year is over. Since it COULD happen, we would be foolish if we did not prepare.

Well, if that's the case, "What can I do right now?"

Nothing glamorous, but something basic. Enroll now for a First Aid course from your nearest Red Cross Chapter. On that will be built later training, further assignments, other jobs. If war comes to us, many hundreds of thousands of people are going to be hurt. There won't be enough medical help. Whether you are a van driver, an air post watcher, whether you work in a Child Care Center, or an emergency kitchen - whatever you do, you will need to be able to help yourself or the person next you.

Last war's First Aid courses do NOT count. Take the Red Cross First Aid course as soon as you can. This is the primary step towards enrolling in the Fourth Arm of the Service.

LET THE MYTHS GO

The truth is bad enough; let's get rid of the myths that fiction writers, lurid excitement seekers and high-powered imaginations have added to the terrors of the A-Bomb.

For instance, people tell us that radioactive dusts could be laid down, and would wipe out a city. Probably they could theoretically. But picture for yourself the low-flying, back-and-forth tactics that would be required to lay a uniform layer of dust over any city. It would be a thousand times harder and more dangerous for the enemy than dropping an A-Bomb. You hear threats and alarms of this sort all the time. Sort them out a bit in your mind, and you'll see that lots of them are exaggerated. But because of them most of us, by this time, feel that destruction is going to be so ghastly and so complete that we might as well give up.

Let's look at the actual facts.

There are three ways in which all bombs can hurt you -

You can be hit by the fragments of the shell itself;

You can be hurt by flying debris, fire, falling buildings, or other dangers caused by the bomb;

You can be hurt by the panic that can occur after an emergency. If people jam exits, shove, push, and fall over each other, as at the Cocoanut Grove fire in Boston, for example, many more people are hurt than need to be.

An Atom Bomb adds one more hazard: Radio-activity. That danger has been much exaggerated.

When a bomb is exploded high in the air, there is a flash of penetrating radiation. Human beings within a mile of the burst will be damaged. However, within ten seconds, or by the time the debris has fallen, the worst of the radioactivity will already have passed, except in certain little pockets of concentration. It is dissipated into the upper air very quickly. Crews with detecting devices will immediately discover and rope off the areas which remain dangerous.

Underwater, or low ground explosions have a different effect. A much smaller area would be damaged, though within that area the damage would be more intense. The number of casualties from radioactivity would depend to a large degree on the good sense of the people themselves. If they were in shelters or cellars, or inside their houses with all windows closed at the time of the disaster, and <u>if they stayed there</u> for a period of 2-4 hours, casualties could be kept very low.

Low bursts, or water bursts, pick up a lot of dirt (or water) and infect the particle with radioactivity. These particles are carried high into the air, then they rain down again over a large area. When it first falls, the material is very dangerous, BUT, and this is the point to remember, the danger diminishes quite rapidly. The area will be relatively safe for escape in 2-4 hours. If people lose their heads and rush out from shelter immediately, they will be hurt; if they stay where they are until given a safe signal from Civil Defense Headquarters, they will live to fight again; the enemy will have been repulsed on that attack.

Many of the current myths pertain to ghastly things that will happen to people if they should come anywhere near radioactivity. Do you lose your hair? Become sterile? Go blind? Does your skin shrivel up? Do you get cancer?

What radiation does is to destroy, at least temporarily, the ability of the bone marrow to produce new blood. This means that victims of radiation sickness become anemic and are not resistant to infection. After a week or two they lose appetite, become pale, and develop a sore throat and diarrhea. The later and less severe the symptoms are, the better the chances for a quick recovery.

The chief treatment is rest; in severe cases blood transfusions may be given to combat the anemia - but do not get into a panic if you have been exposed to radiation. It does not cause a weird, unfamiliar, and hideous disease. Its effects are ones familiar to us all. Moreover, of all the casualties at Hiroshima and Nagasaki, only 5-15% were from radioactivity, despite the fact that they were not warned and did not protect themselves as we would in shelters; of those who became sick, the majority fully recovered.

Let the myths go - the truth is bad enough, but let's not make it worse.

Panic is a deadly weapon.

The enemy knows this. He'll do all he can to increase it. He is hard at work already, spreading rumors.

> "They are going to put A-Bombs in station lockers and blow up cities all over the United States without warning."
>
> "You can't protect yourself against A-Bombs. There's no point trying."
>
> "They can spray us from the air with deadly gases that will WIPE OUT all life within 24 hours. We are helpless to defend ourselves."

Don't believe the terrifying rumors that get spread around the country by carefully planted whispering campaigns. If you do, you are helping the enemy just as truly as if you did it on purpose. GET WISE. Listen with your ears open.

Challenge what you hear.

We are a free people - one of the few left on the earth. We're lucky. We don't HAVE to accept everything we hear.

Let's question it; let's not be suckers.

If someone tells you that the new A-Bombs are "five times bigger and five times more powerful than the ones dropped on Japan", ask him how he knows. If he "Read it somewhere", ask him where. The chances are 99-1 that he doesn't remember. Cross it off your mind. People hardly ever remember where they hear or read the rumors that are being spread on purpose to hurt our morale. Those untruths are slipped in here and there, they are built up by constant repetition. Repeating them doesn't make them any more true. It only makes more people believe them.

> Making bombs above a certain size is a waste of explosives. They aren't enough more destructive to make it pay.
>
> You can't put A-Bombs in suitcases, nor hide them in lockers. You can't make "handy-sized" A-Bombs. Don't let anyone tell you that you can.
>
> You CAN protect yourself against all but the direct hit of an A-Bomb. The greatest destruction of the explosion is caused by the tremendous wind of the blast, and then by the fire. We know about protecting ourselves against wind and fire.
>
> The forces working against us WANT us to be scared.

They WANT us to believe we are helpless. Those are fighting words to Americans, aren't they?

We aren't helpless. Don't believe these scare-stories. Be from Missouri. There's no weapon made that can hurt more than one area at a time. This is a big country. We are NOT helpless.

Make no mistake about it - we WILL be hit this time. The enemy wants to knock us out. But don't let them weaken us before we start by mere rumors. Don't pass on whispers of horror, terror, and sudden death. Don't believe everything you see in the papers, or hear from every passing Joe.

Let's not be suckers - that's playing into their hands.

We are facing grave dangers. The work ahead of us is tremendous. Those things are undeniable.

But we are a free people, used to team play, and able to work together on a common job. Working together we can lick any problem. We have done it before, we MUST do it again.

WHAT DO I DO?

If you get a warning.

We may - or we may not - get advance warning of an air attack. If we do, the best we can hope for (because planes travel so fast nowadays) is about five to eight minutes.

If you are at home, close all the windows and doors; pull the blinds or drapes; close the fireplace damper - do anything you can to make your house airtight.

Turn out the main burners in your stove, hot water heater, etc. Fill some pans or bottles with water and cover them up. The water supply may be turned off and you'll need it later on.

Then, take your family, your flashlights, your radio, your cat or canary, if you have one, and go to the nearest shelter, or to your own cellar. When you get there, lie down on your face, even if it feels silly. Lie against the outer wall.

Stay there. Even if you don't hear anything, stay there. Even if the children get restless, stay there. Make them stay there, too, on their faces. Maybe it'll be half an hour. You can't be sure. Better to be bored for half an hour than dead forever - or crippled forever. Stay there until you hear the ALL-CLEAR. You will hear it just as soon as it is safe. Don't move before that.

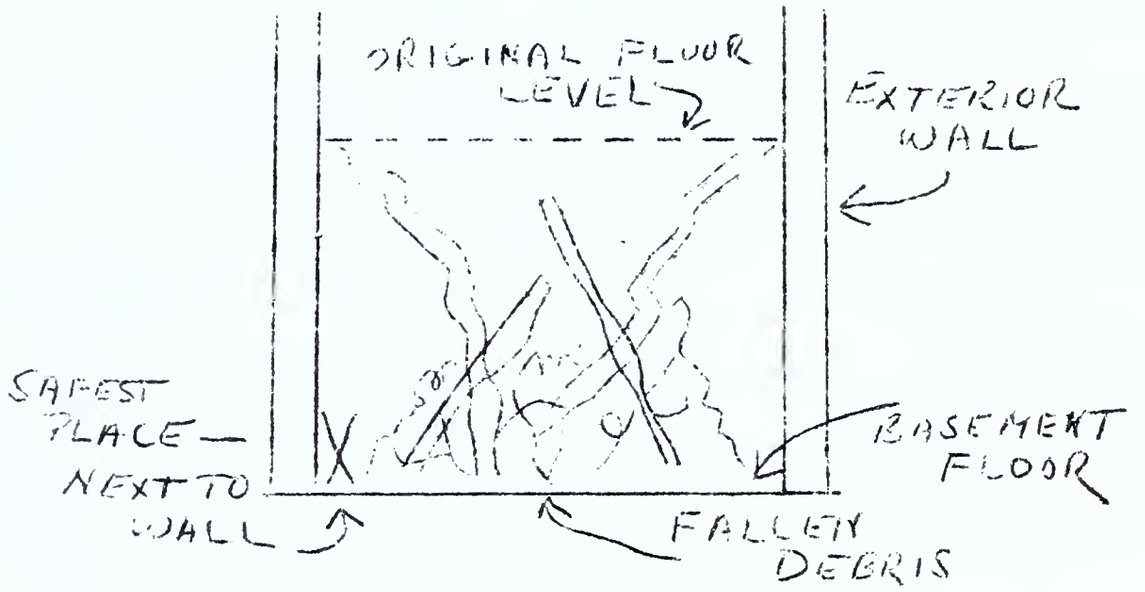
Suppose you are not at home when the warning sounds - suppose you are out shopping, or at the movies, or at church - follow instructions quietly and without rushing. Store managers, theatre owners, the Clergy, and all directors of public places know where the nearest shelters are. They will be able to direct you. But if you scream, or rush around without knowing where you are going, you may start the kind of a wild mess that will result in no one getting to the shelter. You know how at school fire drills teachers get children out of buildings within seconds? That's because they have learned to be absolutely quiet and to move in orderly sequence, following directions. It's the quickest possible way for groups to move. That's why the Army moves men in platoons. It's quicker than having them go every which way, on their own.

Wait, then, if you are in a public place, until you get directions as to where to do. Then proceed quickly, quietly, without running or pushing. When you get to the shelter, lie down on your face, and stay there till the ALL-CLEAR sounds, just as you would in your own cellar at home.

If the attack comes without warning.

Suppose you are out in your car. Pull over to the side and STOP. Get into a doorway or flat against a wall if you can. Don't forget that the thing that follows the blast is a tremendous wind. The flatter you are, therefore, the better, no matter where that may be. Stay right there until you get further orders. The roads are going to be needed immediately for fire equipment and ambulances. If you try to get home in your car, you'll get in the way. The safety of a great many people depends on the roads not being jammed. The police and the block wardens will give you instructions. Wait until they do - even if it takes quite awhile. DON'T DRIVE YOUR CAR UNTIL THEY TELL YOU IT IS ALL RIGHT.

If you are in the street and see a blinding flash of light, fall on your face. Drop where you are, or as near a building wall as you can. The instinctive thing to feel is that you should get away from buildings for fear they will fall on you. Actually, right next the wall is the safest thing.



See Why?

Don't jump up and run, thinking you can get home to your family. Better to be late than never to get there. Drop flat on your face. Don't look where the flash was. There will be that terrific wind. The flatter you are the better. Flying glass, and plaster, and dust will fill the air. That's why you protect your face and lie on your stomach. The back of the human being is tougher than the front.

Don't hurry to get up. Go through the alphabet slowly three times (about twenty seconds) before you uncover your face. Stay where you are until the ALL-CLEAR sounds, unless there is some vital reason to get up (someone near you needs help, you have a Civil Defense duty, a nearby fire is threatening you, etc.)

Instinctively you'll want to rush to see how the children are at school, or if Aunt Mamie is all right, if your home still is standing.

Don't rush ANYWHERE. You can see why - streets filled with rushing, terrified people going in every direction would block the very services that must function, like the fire engines and the ambulances. Panic sometimes causes as much trouble as the bomb - sometimes more.

Wait where you are - even if it is the hardest thing you have ever done - until the ALL-CLEAR sounds. Then either go home quietly, if you can do so without blocking vital roadways, or report to your Civil Defense post if you have one.

If you are at home when the attack comes, get the children flat on their faces wherever they are.

Following the burst there will be this gigantic wind, remember. It'll be worse than the worst hurricane. The flatter you are, the less you'll be thrown around by this wind; the less likely you are to be hit by flying debris. Don't try to make for the shelter if there is no warning of attack. Just fall flat right where you are. If you don't learn any other thing about bombs or about Civil Defense, get that firmly in your mind: In case of attack, fall flat on your face.

FOR HOUSEWIVES ONLY

You're a housewife. Naturally, you are worried about saving your family if a bomb should hit somewhere near you.

All right.

Let's see if we can straighten out for you a few things you can do ahead of time to help your family should the worst happen.

Got any iodine in the house? I thought so, probably. You don't expect to cut yourself do you? But you might, so you have prepared ahead for that emergency.

Well, you ought to have a few things in the house for a bigger emergency that MIGHT VERY EASILY HAPPEN HERE. Women in nearly every other country of the world have had to face it. Maybe our turn is nearer than we like to think. When it comes, we will not have much warning.

THESE ARE THE THINGS THAT YOU'LL NEED!

First Aid Kit

There'll be a lot of broken glass -- maybe some falling debris that could break somebody's arm -- there will be fires. Somebody in your family might get burned.

Don't worry about radiation sickness too much. The things you'll need to look after are plain old everyday burns, breaks, bumps, and cuts.

You took First Aid Courses in the last War, didn't you? And you never used what you learned, did you, because we didn't get bombed? All right, For that reason are you going to say, "Oh, heck. I'm not going to bother with that stuff again?" Don't fool yourself.

This time, the chances are that we <u>are</u> going to get bombed. If we do, there won't be any nurses or doctors to help with minor injuries. If you can't look after your own family, they may not get looked after. It's as simple as that.

Take the Red Cross First Aid course all over again, and take it seriously. This time you may need it badly.

All right. You need a First Aid Kit. Keep the First Aid Manual with it. If you are nervous, you may forget something you learned. Have the book handy.

One of the logical things that might happen (we learned that in this winter's storm if we did not know it before) is that the lights will go out. So you'll need:

Flashlights

Get several. It may be your only light for awhile. Get extra bulbs and batteries.

Candles or oil lanterns or lamps. Second hand stores have them; so do Thrift Shops.

Stove

Kerosene Stove. If the electricity goes off, or the gas mains are broken, what about cooking? If you have room for it in your house, get yourself a little auxiliary kerosene stove. This would matter to you especially if you have a baby, or small children, or an old person in the house. It's no fun going for days without being able to cook or get hot water.

Fire Extinguishers

Fire Extinguishers. One of the things that did the greatest damage in all bombings last war (atomic and otherwise) was fire.

It will here too.

Lots of big fires occur when little fires spread. You yourself can't do much against big fires, but you'll be the ONLY one who can catch a small fire in your own house before it has time to spread. Have fire extinguishers on every floor. Yes, I know. They are expensive. But they aren't as expensive as a new house. Be sure you have some on the top floor, or in the attic. Many of the fires in London started on the roofs.

Don't just have extinguishers. Know how they work. Read the labels. Make sure everybody in the family knows how they work.

You'll help yourself avoid bad fires if you'll have a clean-out of trash, old cartons, papers, anything in your cellar or attic, or closets or sheds. Do it now -- then do it again in a month -- and the month after that. All that stuff accumulates again. So don't think if you've done it once you're through. This matter of Defense isn't just a fad. We aren't playing for peanuts.

Cardboard Sheets

You know what happens when they are blasting for new roads -- windows for miles shake and rattle.

When the blast is bigger (and it will be if your area is hit) the windows will fly all over the place.

If you have heavy drapes, or Venetian blinds, they'll help keep the glass from shattering all over your room.

Afterwards, it's going to be cold if you have no windows. It'll be too late then to run down to the store to get some cardboard, or plywood, or cloth to cover them up and keep out the drafts. Better think about those things now, and get ready.

Radio

Maybe the only way you'll be able to know what is going on in your city, where you are supposed to go, what you are supposed to do, will be by portable radio - one that works by battery, independent of the electric current. Get one if you possibly can. Yes, I know - expensive again. Some expenses are worth making, though.

A Bucket

It is quite possible that water mains may be broken, sewage disposal plants may be hit. It would be a good idea to have a covered pail available for your family's use.

You can think of more things you'll need. What about food, if the stores get hit? We are not going to get a day's warning: "Look out people. We are going to bomb you to-morrow." When it comes, it will all of a sudden COME. A special closet with emergency rations would make a terrific difference to you. Canned milk for the children, meat, beans - solid foods that will fill them. Maybe you won't be able to heat them. Never mind that. Have something solid ready that you can have to eat, hot or cold. You think of other things.

What you need beyond the above depends partly on the space you have available to store things in; partly on how big your family is; how old the children are; how far you live from the heart of the city.

But THINK about it. Plan ahead. The people who plan and then carry out their plans are the people who will get along best.

FIRST AID COMES FIRST

"I took First Aid last time. I never used it. I'm not going through all that again."

Are you saying that to yourself?

The war we face today is not the war we faced in '41. This time it will be on our shores, and in our cities. This time you WILL use First Aid; you'll be on your own. What you know may save your children, it may save you. What you don't know, will then be too late to learn.

Imagine the bomb has struck. Your telephone does not work. Your small son was hit by flying glass, and is on the floor, spurting blood from his leg. You can't take him to the doctor. The doctor is not there. There is no telephone. There aren't any nurses. Your neighbor cannot help you. She is a Fire Auxiliary, and she has already gone to help fight the fire up the street. There is nobody you can turn to. If you cannot help your son, he will bleed to death. Too late then to fumble ineffectually, murmuring to yourself, "I thought the pressure point was somewhere in here."

Perhaps you'll need First Aid yourself. You may be coming home from a shopping trip in your car. The bomb strikes. Remembering what you've heard, you drop to the floor of the car, and crouch there. Let us suppose you are two miles from the burst. You'll see a tremendous light, hundreds of times larger than the sun. You are flat on the floor of the car. Had you been in the open, and standing up, the heat from that ball of fire could have burned your skin even at two miles, but lying down, or ducking behind anything will protect you. Seven seconds after that initial heat wave, the blast will have reached your car. Showers of debris will rain down on you, blocking the roads all around you. Very likely the car will be blown over. The wind will pass on. There you'll be. Now what do you do?

You crawl out of your car, and realize that you are bleeding profusely, and have broken your wrist. Obviously, if you can pull the First Aid Kit out of the glove compartment, stop your own bleeding, and make at least a make-shift bandage for your wrist, you will be far better off than if you simply wait there helplessly.

By knowing what to do for yourself quickly, you may save yourself much pain, perhaps worse injury, perhaps disfigurement for life.

No one knows where the bombs will strike. We may think we know where the enemy will hit, but who can guarantee it. For that reason, every adult in the United States should take a course in First Aid, as soon as possible. Suddenly you may need it desperately. That's just the first reason.

The second is that you will be volunteering for some kind of Civil Defense activity. Perhaps you will be helping in a Child Care Center, or a Mass Feeding Station; you may be an Auxiliary Fire Fighter. Many of you will be driving trucks or ambulances, or carrying messages. Some of you will be registering the injured or the homeless; you may be in a locator center helping relatives locate their families. Whatever it is that you are doing, you will need to know First Aid. That will be a basic necessity to becoming an effective part of a Civil Defense team.

"I remember my course," you may say. "I don't need to take it over again. Other people may have forgotten, but I remember mine."

There is a grave difference between <u>almost</u> knowing, or <u>quite</u> knowing how to handle a broken back, how to cover an eye so the bandage does not slip, what to do if an electric wire is lying across someone. "Almost knowing" simply does not do.

Red Cross First Aid courses are being given in local chapters all over the United States. They take eight weeks, one night a week.

Why don't you get a group of your friends, sign up, and take the course together? Then you will be ready to go on to other Civil Defense training; you will be prepared to look after yourself and your family if disaster strikes. You will be on your way towards being a helpful and self sufficient fighter on a major Battle Front.

VOLUNTEERING FOR CIVIL DEFENSE DUTY

There are three ways you can put your knowledge and your experience to work for Civil Defense.

The first is to know the facts and see that your family, your friends, your acquaintances know them too. This is our best protection against panic, the deadliest of all weapons.

The second thing you can do is to prepare your home to serve as a fortress for your own family and a temporary refuge for others in case of attack.

The third thing is to stand ready for volunteer service when and where your local defense council needs you.

This is one of the hardest steps of all. You may decide you would like to do nurses' aide work - only to find that you're needed more urgently as an ambulance driver. You may want to donate blood - and get impatient if it turns out that the machinery hasn't been set up for processing donations just when you're all set to do it. You may even learn that your best skills can't be used in the way you expected, and that you'll have to tackle some new, unfamiliar, and possibly more difficult task instead.

If such things happen, DON'T LET THEM THROW YOU. Remember that your community and your city are parts of a larger scheme. Civil defense has to be planned for a city within a county, a county within an area, and area within a state, and so on right up to the country as a whole. The job to be done is so urgent that we all find ourselves wondering why we can't do every bit of it right now. The thing to do when you feel like that is remind yourself that we have to act according to plan, and that the timing for one plan may depend on another being carried out simultaneously. Do not set your mind on any single kind of work that you must do. Keep it open - keep your thinking flexible - and stand by for whatever may be asked of you.